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MONTHLY

# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals  
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE

Production and Marketing Administration  
Western Union Building  
Atlanta 3, Georgia

MARCH 1946

## FOOD NEWS

There'll be plenty of eggs, frying chickens, "tom" turkeys, canned citrus fruit juices and rolled oats in markets and on plant cafeteria counters during March. All these foods are good foods and good for you, so eat them often.



Fresh citrus fruits and potatoes will be in abundance in and near the growing areas. They may be plentiful in retail markets in other parts of the country, depending on the distance from the growing regions and on transportation facilities.

### More Flour From Our Wheat

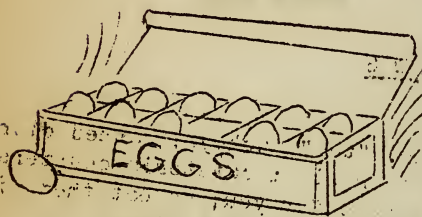
Many workers are wondering about the bread which will be made from the new wheat flour. The Government order, which went into effect March 1, was issued to extract more flour from our available wheat supply. This will help us to send more wheat abroad to help feed those less fortunate than we. Eighty percent of the wheat grain will be used instead of 72 percent. The flour will be cream color instead of white, and as a result your breads and cakes will be slightly yellower in color. Yet the flavor and texture will be almost the same as before. The new flour may call for a few changes in home baking recipes.

To House Organ Editors: These articles may be included in your plant publication. Select those which will interest your readers.

### The Eggs Have It ...

Eat eggs in some form every day while they are plentiful. They are good for you and all members of your family because they add up in food value.

- ... Eggs are an excellent source of good quality protein, so necessary for growth and the building and repairing of tissues.
- ... Eggs have iron and phosphorus, too--minerals so necessary in the daily diet.
- ... Eggs are a source of the Vitamins B<sub>1</sub> and B<sub>2</sub>, Vitamin D, the "sunshine" vitamin and Vitamin A, all necessary for good health.



*Eat them often*

There you have good reasons for eating at least one egg daily. Eat them for breakfast. Select them for lunch at the plant cafeteria. Choose egg salads, or a hot entree such as scrambled eggs, creamed or fried eggs, or egg omelet. For the sake of variety and good nutrition, choose an egg dessert such as custard, sponge cake, chiffon pie, custard, pumpkin, or cream pie with your mid-shift meal at least twice a week.

### HEALTH NOTES

Brisk March winds and sudden temperature changes remind us that we should continue to fortify ourselves against colds and other illnesses that accompany cold weather. Keep on your toes physically by doing everything you can to protect your health. Remember to eat the proper foods daily.



March — Lion or Lamb ?

For physical well-being the year-round, include foods from every group of the Basic 7 in your diet every day. Don't forget that these groups

I. Green and yellow vegetables — at least one serving cooked or raw each day.

II. Citrus fruits or tomatoes and leafy green vegetables and a raw cabbage — one serving of citrus fruit or tomatoes and a green salad (or cabbage slaw) each day.

III. Potatoes and other vegetables and fruits — include one or more servings of white and/or sweet potatoes and one or more servings of fruits and other vegetables.



- IV. Milk and other dairy products - 1 pint of fluid milk or the equivalent in evaporated or dried whole milk, cheese, ice cream, or milk sherbets.
- V. Meats, fish, poultry, eggs, cheese, dry beans and peas - one or more servings each day.
- VI. Whole-grain or enriched cereals and bread - 3 slices or more of whole-grain or enriched bread and one serving of whole-grain cereal each day.
- VII. Butter or Vitamin A fortified margarine - at least one serving per day or better - 1 pat at each meal, when it is available.

#### FOOD - ON - THE - JOB HERE AND THERE

Workers in a Long Island plant have a daily reminder that fresh fruit is a good addition to their daily diet. As they enter their cafeteria the first thing to meet their eyes is a huge wooden bowl full of colorful fresh fruit, indirectly lighted from above. Oranges, grapes, apples, and bananas, when they are available, are there to add vitamins to the workers' lunch. No wonder fresh fruit is such a popular dessert at this plant.

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